

## Acupuncture

Acupuncture can help ease many side effects of cancer and its treatment. It does not take the place of the care you get from your cancer team, but it can help you feel and heal better.

Acupuncture can help with these conditions:

- Anxiety and fear
- Appetite
- Constipation
- Depression
- Diarrhea
- Dizziness
- Dry mouth
- Fatigue
- Headache
- Hot flashes
- Insomnia
- Nausea and vomiting
- Neuropathy
- Night sweats
- Smoking cessation
- Stress

It can also help with many types of pain:

- After surgery
- Arthritis
- Cancer
- Carpal tunnel
- Face
- Fibromyalgia
- Headache, including migraine
- Jaw and teeth
- Kidney
- Low back
- Neck and shoulder
- Rheumatoid arthritis
- Sciatica
- Sprains

### Preparing for Acupuncture

Eat and drink plenty of fluids before the treatment.

Wear clothing that is loose and comfortable.

The acupuncture appointment takes about 1 hour.

### The Treatment

All acupuncture providers at Huntsman Cancer Institute (HCI) have years of training and experience. They follow the same safety standards as the other providers on your cancer care team.

You will lie down on a padded table in the treatment room. The provider cleans your skin with alcohol and puts in the needles. The Food and Drug Administration approve the needles. The very thin, sterile needles are used only once. The number of needles and the places they go in depend on the conditions being treated.

Many patients do not feel anything when the needles go in. Some people may feel a tiny prick or a tickle. If any needle hurts or feels uncomfortable, ask the provider to change the needle position or remove it.

The needles stay in place for about 30 minutes while you relax on the table. You can ask for a blanket if the room is too cool. The provider will dim the lights and turn on soft music. Most people fall asleep.

Some people say they feel something like a warming, circulating, or wave-like feeling going through the body. This is normal; it is actually a good thing.

The provider will leave a call button within reach, so you can ask for help. Use it if you become uncomfortable or any other problem comes up.

After the treatment, the provider will remove the needles. Providers count the needles to make sure all are collected and thrown away.

### Treatment Schedule

Each patient's needs are different, so the treatment schedules will vary. Many patients plan their acupuncture treatment the same day as other appointments at HCI.

## Payment

We ask for payment at the time of service. We accept cash, checks, and credit cards.

We do not bill insurance for acupuncture treatments. It is best to ask your insurer if your policy covers acupuncture before you start treatment. We can give you documents to make a claim with your insurance company.

Acupuncture is covered as a medical expense under these programs:

- Health savings account (HSA)
- Health reimbursement account (HRA)
- Flexible spending account or Flexcard (FSA)

**To schedule an appointment**, call the Wellness and Integrative Health Center at 801-587-4585.

**For more information**, visit [www.huntsmancancer.org/wellness](http://www.huntsmancancer.org/wellness)